

The holidays are here! Let's hope the weather stays good for you to enjoy them to the utmost.

We hope you have now had time to settle into your new training hours and are happy with everything. If there is anything you would like to change or think could be improved, please let us know.

The name of the Club has been decided and the logo for Sky High is being worked on as we speak. Once finalised, we think this will help us decide on the new Club leotard, which will be the same for everyone. If you have an existing Fun Abounds leotard you can continue to wear it for training, as from 1st September we will require everyone to wear the following kit to all training sessions:

Girls Leotard (sleeved or sleeveless) and hipster shorts/leggings (no jogging bottoms/baggy t-shirts)
Boys Vest top/unitard and above the knee shorts (no jogging bottoms/tracksuit bottoms/baggy t-shirts)

Training in kit will not only professionalise the Club, but also enable the members to become accustomed to wearing competition attire, so the transition between training and competition is not so great. Additionally, from 1st September, conditioning will become a major part of all training sessions, so please support us in this. We want our training to produce the best performers in the country and this can only be done through sheer hard work and determination. Sky High is aiming 'sky high'! The next competition is the Club I and County H to be held at Worthing Leisure Centre on 11th September. 23 entries so far - fantastic! Good luck to you all.

Just a little information about competitions

Those that are just starting out on the competition circuit begin at entry level competitions (Club I and County H). Each year, there are approximately 10 competitions across the South East Region and the performers are entered according to their age and ability. The grading structure starts at Club Grade I (Inter-Club competitions), County Grade H (Sussex Clubs) progressing through Grades G, F, E and D (held at Regional Level) to National Grades C, B and A (held at National Level across the country). The Great Britain and Olympic teams are chosen from those succeeding at National competitions. Once they have reached Regional Grade G, we would expect them to move from the 1 hour Club sessions to the 2 hour Club sessions.

At the National Finals in Birmingham, the Club was represented by Katherine Venn (National C DMT 15+ Girls), Kayleigh Nisbet (National C DMT 15+ Girls), Connie Pooley (National C DMT 15+ Girls), Tayla Nisbet (National C DMT Under 15 Girls) and Jack Fitch (National C DMT 15+ Boys). Jack came 23rd out of 33, Tayla came 17th out of 36, Kayleigh came 66th out of 69 (marked out of 1), but Katherine and Connie came 4th and 3rd respectively. What fantastic results! Well done to you all for representing your Club so brilliantly.

Please be advised that throughout the holidays, Friday training will be run from 4:30pm to 6:30pm, but it will return to normal hours 6:30pm to 8:30pm from Friday, 9th September.

We have decided not to open the Centre on Bank Holiday Monday, 29th August as we feel there will be too many people away and it won't be worth anyone's while. Please take this opportunity to have an extended rest.

Huge thanks to all those that helped make the Sussex Championships a brilliant day. We are grateful to everyone that played a part in making the day so successful.

Sky High has managed to secure the purchase of 2 4mmx4mm trampolines which have been used solely for the 2011 season at the National competitions at a reduced price. Fun Abounds is struggling to come up with the money to buy them and therefore we are seeking your help. If you know of anyone who is willing to sponsor the Club, please let us know. Equally we are hoping to hold a sponsored event in September to raise funds towards their purchase. Watch this space!

Bargain Hunt eat your heart out! The table in the café area has a selection of items that have been donated in order to raise funds for sensory equipment. Please search through your lofts, sheds, garages etc to see if you have any unwanted items that could be put on the table to raise funds for this essential equipment for all to enjoy.

What exciting times!

Stella, Gail, Mike, Chris, Kim and Kayleigh - The Sky High Coaching Team